



# Gluteus to the Maximus - Power Programs: Build a Rounder Butt Now!

*Nick Nilsson*

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## **Gluteus to the Maximus - Power Programs: Build a Rounder Butt Now!** Nick Nilsson

In order to build rounder and firmer glutes, you need a targeted plan of exercise and nutrition. This book addresses the needs of every type of trainer at every level of commitment. It is based on a four-pronged attack that guarantees results: nutrition, stretching, exercises and programs.

The exercise section includes 56 unique glute-specific exercises expertly demonstrated with photographs, instructions, tips and tricks. In the programs and workouts section, programs are provided for every type of trainer at every level of commitment – from complete beginners with time constraints to advanced trainers with ample time in their schedule.

It doesn't matter whether you're a complete beginner or an advanced trainer, or whether you train at home or at a gym, this book is guaranteed to get you results.

## ABOUT THE AUTHOR

Nick Nilsson, "The Mad Scientist" of the fitness world, is a renowned personal trainer, body builder, and professional fitness writer who has written for Men's Fitness, Reps Magazine, Muscle & Fitness and hundreds of fitness websites all over the internet. He is recognized throughout the fitness world as an innovator and pioneer of ground-breaking methods for building muscle and strength fast. His degree in physical education covers advanced biomechanics, physiology and kinesiology.

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